

# ***Meditation***

**Select a quiet space and environment that is free from distractions.**

**Prepare for your time by refraining from drinking and eating one hour prior to meditating.**

**Select your mantra. This is a word or a sound without lots of meanings or associations for you. It is a mental device to help achieve deep relaxation. Words such as calm, quiet, love and harmony have been used as a mantra. Choose a word that fits you! You will repeat this word as you free your mind from many thoughts as you relax.**

**Find a comfortable place to sit.**

**Find a spot away from direct light hitting your face.**

**Loosen your clothing and your shoes.**

**Sit quietly for a minute and relax.**

**Close your eyes. Softly say your mantra out loud. Then repeat your mantra softer, then in a whisper, then silently to yourself. You will find with practice that you can think and hear your mantra. You will find that you are relaxing deeper and deeper.**

**Assume a passive attitude. Allow any and all distracting thoughts to move and flow. Go and flow with the thoughts...There is no need to try and control them or to allow the thoughts to be a bother...Let these thoughts go and pass.. Return to your mantra.**

**Meditation is your time to be quiet and to be at peace.  
Your meditating time is to relax.**

**Meditate for ten to twenty minutes.**

**When you are ready, take a couple of minutes to transition from your meditation. Keep your eyes closed. Focus on what has happened. Move slowly. Open your eyes slowly.**

**Practice your meditation twice a day.**

**Some find it helpful early in the morning and in the evening, while others prefer mid-morning and late afternoon.**

**Find times that suit you.**